SH ECEAP APIRL 2021 NEWSLETTER #2

HAPPY
SPRING

SITE # 253 770-8269

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PIERCE COUNTY MOBILE COVID TESTING
HTTPS://WWW.PIERCECOUNTYWA.GOV/6758/COVID-19-MOBILE-TESTING

Pierce County covid resources links

HTTPS://WWW.TPCHD.ORG/HEALTHY-PEOPLE/DISEASES/COVID-19-RESOURCES



Rental Assistance PierceCountyWa.gov/HousingHelp

No Internet access? Call 2-1-1 to apply

PAYING YOUR ELECTRIC/ HEAT BILL
ENERGY ASSISTANCE
HTTPS://WWW.CO.PIERCE.WA.US/1280/ENERGY-ASSISTANCE

FREE FOOD AVAILABLE EVERY MONDAY VISIT YOUR LOCAL PUYALLUP SCHOOL 11AM-12PM.

SCHOOL BREAKFASTS /LUNCHES FOR 5 DAYS

ALL CHILDREN AGES 18 AND UNDER. NO INCOME VERIFICATION REQUIRED.

PUYALLUP FOOD BANK. https://puyallupfoodbank.org/

<u>nourish Pierce county</u> https://nourishpc.org/







FAMILIES CAN PICK UP A THREE DAY SUPPLY OF DIAPERS ONE TIME A

MONTH





Ms Kim -Lead Teacher COMPUTER PH# 253-798-8051 kimberly.kinnett@piercecountywa.gov

MS LESLIE -ASSISTANT TEACHER leslie.talty@piercecountywa.gov

OUR WEBSITE IS NOW LIVE!! PLEASE WATCH OUR VIDEO'S

HTTPS://WWW.CO.PIERCE.WA.US/6987/SOUTH-HILL

USER NAME: <u>ECEAP</u> PASSWORD: <u>LEARNING 2020</u>







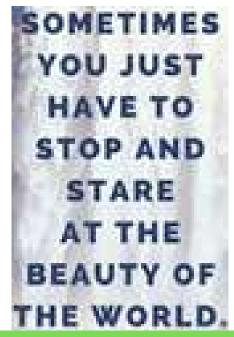
starting the week of April 26th group zoom meetings will be held on Tuesday and Thursdays at 2pm. For anyone that wants to join.

HTTPS://PIERCECOUNTYWA.ZOOM.US/J/97405455867

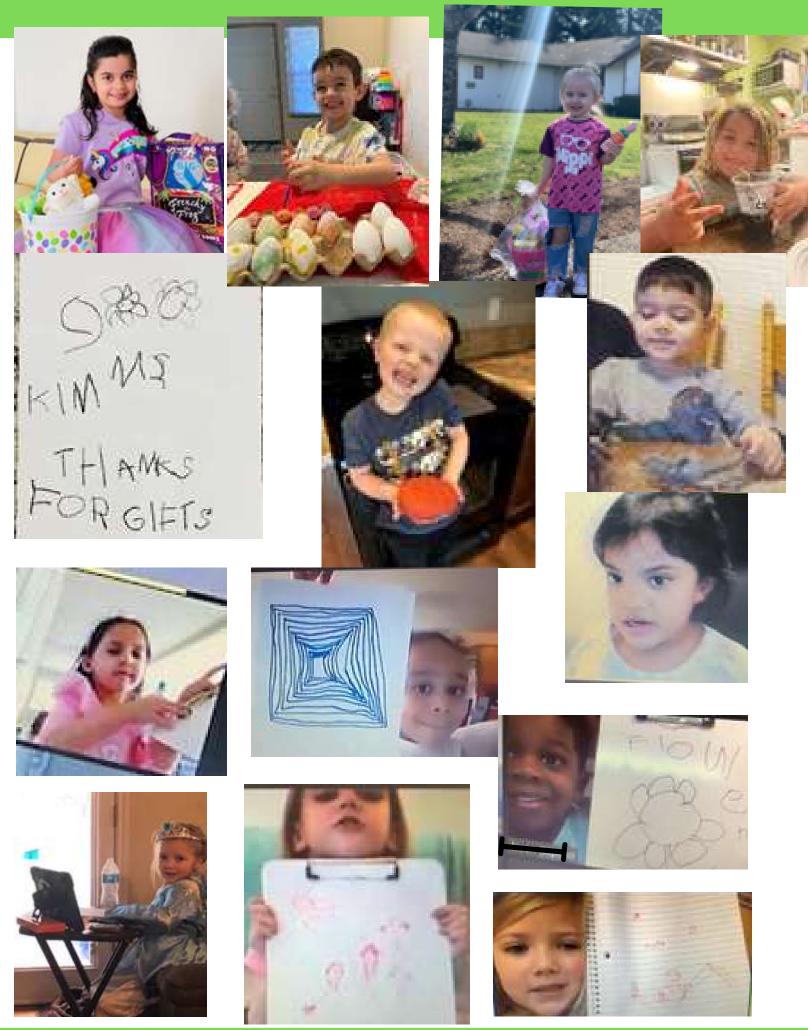
SPRING BREAK IS APRIL 12-16

DURING THIS TIME THERE WILL BE NO ZOOMS









PLEASE SEND PICTURES TO US SO WE CAN HONOR YOUR CHILD

FAST ENGLISH MUFFIN PIZZAS PREP:10 MINS COOK:10 MINS TOTAL:20 MINS SERVINGS:4

INGREDIENTS

INGREDIENT CHECKLIST

- 4 ENGLISH MUFFINS, SPLIT
- ½ CUP CANNED PIZZA SAUCE
- 2 CUPS SHREDDED MOZZARELLA CHEESE
- 16 SLICES PEPPERONI SAUSAGE

DIRECTIONS

INSTRUCTIONS CHECKLIST

• STEP 1

PREHEAT THE OVEN TO 375 DEGREES F (190 DEGREES C).

• STEP 2

PLACE THE ENGLISH MUFFIN HALVES CUT SIDE UP ONTO A BAKING SHEET. SPOON SOME OF THE PIZZA SAUCE ONTO EACH ONE. TOP WITH MOZZARELLA CHEESE AND PEPPERONI SLICES.

• STEP 3

BAKE FOR 10 MINUTES IN THE PREHEATED OVEN. OR UNTIL THE CHEESE IS MELTED AND BROWNED ON THE EDGES.

NUTRITION FACTS

PER SERVING: 327 CALORIES; PROTEIN 20.5G; CARBOHYDRATES 30.2G; FAT 13.5G; CHOLESTEROL 44.6MG; SODIUM 838.7MG.

CRESCENT DOGS

Prep:10 mins Additional:15 mins Total:25 mins Servings:8

Crescent rolls update the popular 'pig-in-blanket' concept, along with a yummy surprise: melted cheese in each frank.

INGREDIENTS

- 8 HOT DOGS
- 4 SLICES AMERICAN CHEESE, EACH CUT INTO 6 STRIPS
- 1 (8 OUNCE) CAN PILLSBURY® REFRIGERATED CRESCENT DINNER ROLLS

DIRECTIONS

INSTRUCTIONS CHECKLIST

• STEP 1

HEAT OVEN TO 375 DEGREES F. SLIT HOT DOGS TO WITHIN 1/2 INCH OF ENDS; INSERT 3 STRIPS OF CHEESE INTO EACH SLIT.

• STEP 2

SEPARATE DOUGH INTO TRIANGLES. WRAP DOUGH TRIANGLE AROUND EACH HOT DOG. PLACE ON UNGREASED COOKIE SHEET, CHEESE SIDE UP.

• STEP 3

BAKE 12-15 MIN OR UNTIL GOLDEN BROWN.

NUTRITION FACTS

PER SERVING: 313 CALORIES; PROTEIN 10.2G; CARBOHYDRATES 13.2G; FAT 23.8G; CHOLESTEROL 37.2MG; SODIUM 946.8MG.

WATERMELON FISH SNACK FOR KIDS

PREP: 5 MINS TOTAL: 5 MINS SERVINGS: 1

This is an adorable snack! Full of healthy and fun fruit and vegetables, kids are sure to love it.

INGREDIENTS

- 1 SMALL SLICE (0.5 OZ) TRIANGULAR SLICE OF WATERMELON
- 5 FRESH BLUEBERRIES
- 1 SMALL TRIANGULAR SLICE OF PAPAYA

DIRECTIONS

• STEP 1

PLACE WATERMELON TRIANGLE ON A PLATE WITH THE POINTED SIDE FACING TO THE LEFT. PLACE 1 BLUEBERRY INTO THE TRIANGLE FOR THE FISHEYE. PLACE THE OTHER 4 BLUEBERRIES ABOVE THE FISH'S MOUTH AS IF THEY ARE BUBBLES COMING UP.

• STEP 2

CUT OFF A TINY CURVED SLIVER OF PAPAYA FOR THE MOUTH. FLIP THE PAPAYA TRIANGLE OVER AND PLACE AT THE END OF THE FISH AS THE TAIL FIN. NUTRITION FACTS

PER SERVING: 65 CALORIES; PROTEIN 1G; CARBOHYDRATES 16.3G; FAT 0.2G; SODIUM 4.6MG.

SEND YOUR FAVORITE SNACK AND WILL POST THE RECIPE